

COSMOPOLITAN

MARCH 1997

his & her Orgasms

How to Slow Him Down
and Speed You Up

**Are You About
to Be Dumped?**

10 Hidden Signs
He's Ready to Run

Your New Man

**How to Make the
Sex So Good He'll
Be Groveling**

David Duchovny
Undresses for Us
(and Talks)

Cosmo Health Alert!

-The Deadly Cancer That's
Striking Young Women

-Gyno Anxieties That Make
You Crazy—Solved!

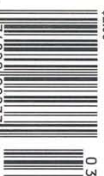
-The Best Birth Control—Bar
None



135
New Looks

**First Ever
Spring Fashion
& Beauty
Spectacular**

\$2.95



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cosmo health

New Period-Product Tryout

For years, we've had just two popular choices: pads or 'pons. Finally, a new alternative: Instead by Ultraten, Inc.) is a plastic cup, inserted like a diaphragm, that collects menstrual fluid instead of absorbing it and can be worn for up to 12 hours. It's disposable but not flushable. A dozen women tested instead for us; reactions varied from very pro to very con!

Pro:

- "It's great for sex during my period. He didn't notice."
- "Everything's inside. **No dangling string.**"
- "It felt like I wasn't having a period."
- "It lasted way longer than a tampon."

Con:

- "Disposal is gross. Blood was everywhere."
- "Insertion was tricky at first."
- "It leaked."
- "It's strange having a plastic object inside."

Want to try instead? It's being test-marketed in just six cities, so dial (800) INSTEAD for a discount coupon worth \$2 and directions for purchase by mail.



A burning issue

When Smoke Gets in Your Eyes!

Protect your peepers:

Puffing a pack or more a day *doubles* your chance of going blind at some time in the future because of macular degeneration. Two recent studies show that both men and women who smoke are more prone to developing this usually untreatable condition, which involves permanent degeneration of the central portion of the retina. Scientists speculate that smoking may delay delivery of nutrients and/or oxygen to the retina, says William G. Christen, of Brigham and Women's Hospital in Boston, who directed one of the studies.



Tampon alternative— is it for you?



New test for aging anxiety

Agony Agony

Q: Are you aging faster than you should?

A: You may look fabulous on the outside, but inside you could be older than you think. New lab tests just becoming available from the biotech firm Genox use blood and urine samples (collected by your doctor) to measure 70 signs of damage from free radicals—those infamous atoms that contribute to aging and age-related illnesses. The resulting profile is sent back to your doc, who can recommend diet, exercise, and other lifestyle changes to slow the aging process if yours is in overdrive.

Call Dr. Rolodex

Numbers to dial for helpful advice:

(800) 222-4767

PMS Access—PMS information and physician referrals

(800) 843-9256

National Headache Foundation

(988) ANXIETY

National Institute of Mental Health information hot line

Eating just 5 ounces of live yogurt daily can reduce frequency of vaginal infections.

Source: American Medical Association's Archives of Family Medicine

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